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Low-income bus pass rolls to next stop

Committee of the Whole to
debate report Tuesday

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Top Tory quits amid scandal over fiancée

Executive director resigns over
MP nomination scandal

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metro MAKING THE GRADE

See inside.



THE COYOTE HOWLS

Cole Harbour's Matt Mays performs during the Juno Awards in Winnipeg on Sunday night. Mays captured the Juno for rock recording of the year with his album *Coyote* during the celebration of the best in Canadian music. Use Metro's new Augmented Reality (AR) feature to view a photo gallery of winners from the Juno Awards gala and the red carpet, page 14. JOHN WOODS/THE CANADIAN PRESS

Tax bills frozen for majority of HRM residents

87 per cent of them.

Budget proposal keeps rates low to balance assessment increase



HALEY
RYAN

haley.ryan@metronews.ca

Most homeowners across HRM won't see a hike in their property tax bill this year, thanks to a drop in the proposed tax rates that will keep the payment close or identical to last year's.

The proposed operating and project budget for 2014-15 goes to regional council's Committee of the Whole on Tuesday.

It includes lower residential tax rates to balance out the typical annual increases

in property assessments.

Coun. Tim Outhit said Sunday that he is pleased that about 87 per cent of residents and half of businesses won't see a tax increase for the second year in a row.

"We're adjusting their rate so that they pay the same as they did last year," he said.

However, he added that he would ideally like to see some mechanism to distinguish between small companies and large ones.

"Some big businesses are able to absorb a tax increase, but we have small businesses that are struggling, particularly if the building they're in ... has shot up in assessment," Outhit said.

The proposed general tax rates are \$0.658 for urban, \$0.625 for suburban and \$0.619 for rural residents per \$100 of taxable assessment.

Pleased, but ...

"I'm still going to be calling on my colleagues to do something for small business."

Coun. Tim Outhit, on finding a way for HRM to distinguish between big companies and small, vulnerable ones.

In 2013 the rates were set at \$0.661, \$0.645, and \$0.639 respectively.

Council asked city staff to keep any increase in tax bills in line with the cost of inflation, measured at 1.1 per cent in February.

Outhit said HRM is able to absorb that cost thanks to efficiencies and surplus funds.

The proposed operating budget for next year is \$844.8 million, and \$143.6 million for the project budget.



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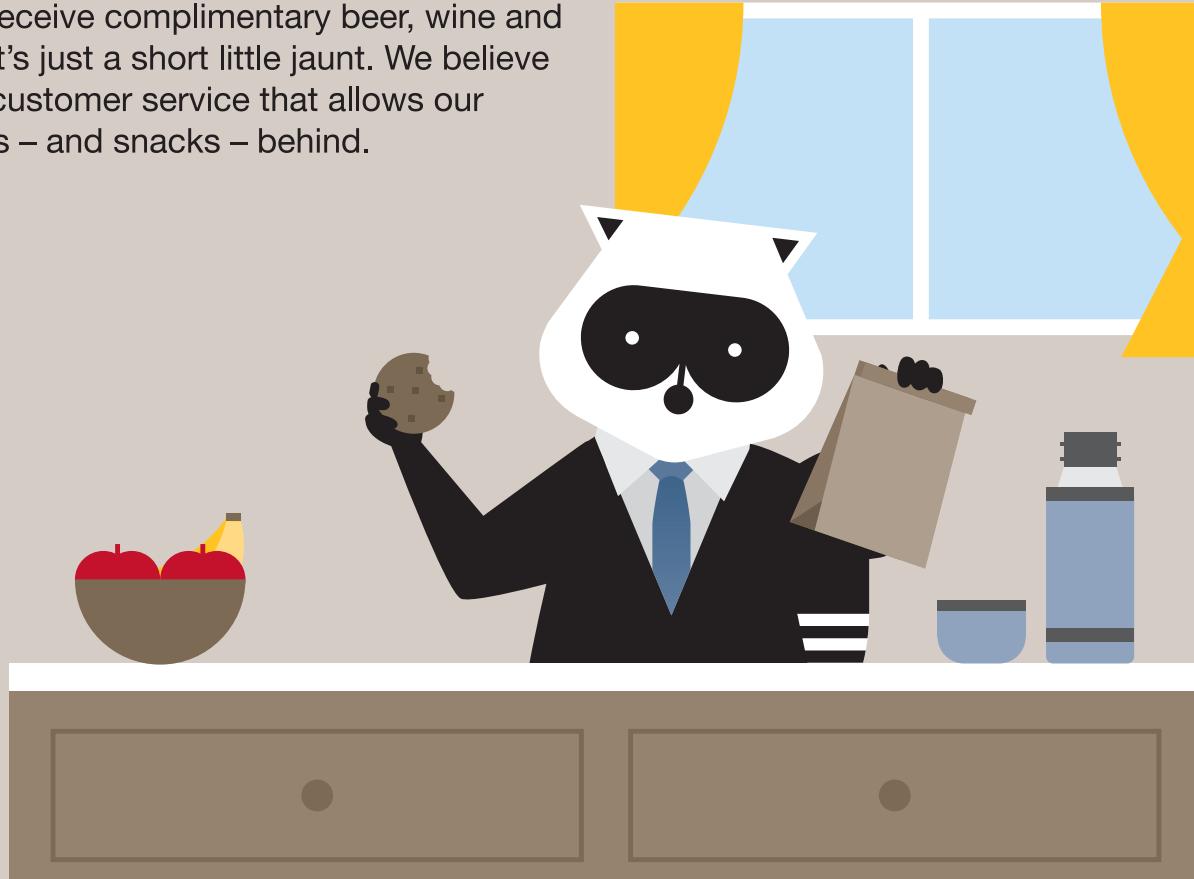
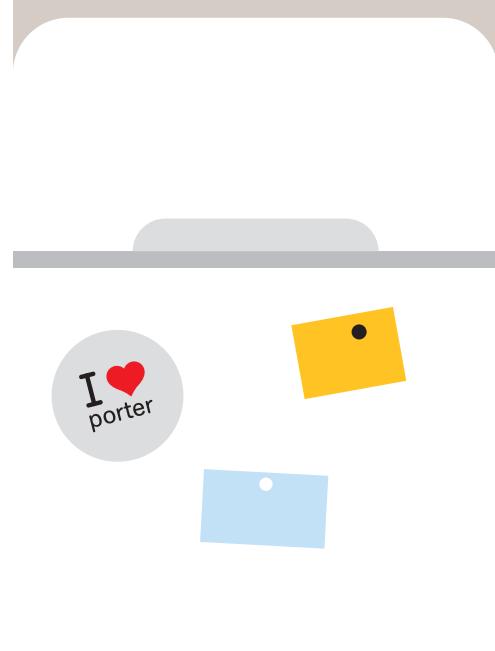
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You can't see clearly yet, the rain ain't gone

There goes the sun.

Precipitation predicted to pitter-patter upon the populace pretty persistently

If April showers bring May flowers, Halifax should brace for a massive floral fulmination in May.

Environment Canada meteorologists say the significant amounts of precipitation that began to fall over the Maritimes Sunday are expected to persist throughout the week.

"It's all part of a very slow-moving system," said meteorologist Carmen Hartt on Sunday. "(The system) doesn't pull out until at least Tuesday and even after that it stays unsettled."

With 50 to 70 millimetres of rain expected by the end of Monday and more unsettled weather expected for the rest of the week, Hartt said it's not certain when we'll see the sun again.

"(Thursday) maybe we'll see a break," said Hartt. "But as far

as Monday, Tuesday and Wednesday go, it's not likely."

The Maritimes were battered by a large, intense low-pressure system on Wednesday that delivered 20 to 50 centimetres of snow and winds up to 190 kilometres an hour.

The weather rebounded swiftly, with HRM residents basking in sunshine and 10-degree weather Saturday.

However, Hartt said the overall trend in Halifax is towards below-average temperatures. She said single-digit highs and lows slightly below zero are expected until Sunday.

Prodigious precipitation

So far in March, Environment Canada has measured 92.7 mm of rain and 35.3 cm of snow at Halifax Stanfield International Airport. In March 2013, those figures were 11.5 mm of rain and just 7.9 cm of snow.

These numbers are a far cry from the record-breaking temperatures the city saw in March two years ago when daily highs soared above normal for a three-day period.

Temperatures on March 22, 2012 soared to 27.2 C, obliterating the previous record of 11.8 C.

With everyone's patience for gloomy weather growing thin, folks will be happy to know that clear skies may not be too far off and sunshine could be just over the horizon.

"We're looking at an upward trend at the end of this week," said Hartt while reviewing a long-term weather model. "We'll at least be into normal April weather."

KAYLYNN PAYNTER/FOR METRO



Seeing the forest, for the trees are covered in beautiful, shimmering ice

A couple walks their dog under ice-coated trees in Point Pleasant Park on Sunday. Metro was blanketed with freezing rain yesterday before switching to rain for most of the day. JEFF HARPER/METRO

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'We're trying to get people's attention'

Contract talks. Nurses storm Liberal AGM to confront premier as strike deadline looms this Thursday

More than 300 nurses and supporters unhappy at the prospect of the province passing back-to-work legislation stormed the lobby of the Westin Hotel on Saturday during the Nova Scotia Liberal Party's annual general meeting.

One woman managed to confront Premier Stephen McNeil outside an elevator in the hotel.

Police were soon called in and escorted the protesters off the property.

"We're trying to get people's attention," said Marleen Spencer, a staff nurse present for the protest. "What we want (the government) to do is leave collective bargaining alone."

The Nova Scotia Government and General Employees

Quoted

"There's no point giving us our right to strike because essential services will completely make it null and void anyways."

Capital Health RN Trish MacDonald

Union — which represents more than 2,300 registered nurses at the Capital District Health Authority — is in contract negotiations with the health authority.

Talks reached an impasse last Sunday but are set to resume Monday. The nurses will be in a legal strike position on Thursday.

When asked on Friday, McNeil did not rule out the possibility of passing essential-services legislation to force nurses back to work, though the nurses have said they'll defy the order.

"If mediation doesn't produce any significant changes, then nurses are still going to walk, regardless of essential-

services legislation," said Robert Chisholm, a registered nurse who also sits on the union bargaining team. "We're going to take this over the wall."

During a vote held in February, the nurses voted 90 per cent in favour of striking if negotiations with the health authority stalled.

The key sticking point in the dispute is a demand from the union to increase nurse-to-patient ratios, something it said would improve patient safety.

The health authority said there is no evidence that mandated ratios guarantee better safety.

In anticipation of the possible walkout, Capital Health said it has started cancelling elective surgeries scheduled for early next week.

"We're hoping that by (McNeil) seeing the strong turnout down here he realizes that he needs to step away from the table on Monday," said registered nurse Trish MacDonald.

GEORDON OMAND/FOR METRO
WITH FILES FROM THE CANADIAN PRESS



Hundreds of disgruntled nurses stormed the Nova Scotia Liberal Party AGM at the Westin Hotel on Saturday before being escorted off the property. GEORDON OMAND/FOR METRO

'First step' for low-income transit fare program



A city staff report recommends making discounted bus passes available to residents and families making less than \$31,000 per year. METRO FILE

A pilot project offering discounted bus passes to low-income families and residents in HRM is a step closer to reality.

HRM staff will table a report this week recommending the project go ahead as soon as a transit fare bylaw is put in place to account for the lower monthly pass cost of \$39.

Regional council's committee of the whole will debate the report Tuesday.

It recommends making the passes available to those who make less than \$31,000 a year and aren't eligible for transit

Results

Transit use by low-income users increased by 50 per cent with reduced passes in Calgary, according to a 2007 survey.

fare reimbursement through income assistance or community service support.

"It's a first step," said Coun. Russell Walker, who sits on the transportation standing committee with Coun. Jen-

nifer Watts.

Both have been working on the pilot project "for quite a long time," Walker said.

He said he's happy to see staff support the program but would eventually like to take it even farther.

Walker said he would like low-income people to have access to a transit pass similar to that of university students, at a cost of about \$140 for the whole year.

"This is another opportunity to really support ... folks who are working and don't

make a whole lot of money, but this would actually make a difference for them," said Watts.

Staff recommend the \$31,000 income limit because it's the same number as HRM's indexed value used for residential property-tax exemption.

The six-month pilot program will accommodate 500 people and was set to begin in May, but the report said enacting a fare bylaw will push the date ahead a few months.

HALEY RYAN/METRO

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Parks Canada. Kejimkujik set to allow earlier backcountry camping

Anglers and campers in general will be able to access more of Kejimkujik park this spring.

Parks Canada is opening 20 backcountry camping sites starting April 1 — a month and a half earlier than last spring.

The available sites are mostly in the northern, less remote, end of the park where anglers can keep their catch — around Big Dam and Frozen Ocean, Little River and the island sites on Keji Lake.

Two camping sites and two cabins are also available in the southern end of the park where fishing is catch and release.

Eric LeBel, superintendent of Kejimkujik National Park, says they chose the sites based on statistics from recent years.

The other backcountry sites will open again May 16.

"I don't have many people using those sites in



Anglers will be able to access more remote fishing spots in Keji.

JONATHAN RILEY/CAPE BRETON POST

the spring, so it is harder to justify opening them," said LeBel. "I'm not saying it will be that way forever; if we have a lot of people coming and using the park, then we will be able to do a little more in the future."

Parks Canada has updated its webpage with complete information about the spring access.

CAPE BRETON POST

Highway 105. Transport truck crashes into Cape Breton lake

RCMP say a woman has been taken to hospital after the tractor-trailer she was driving crashed into a lake in Cape Breton.

Officers were called to Highway 105 near the Seal Island Bridge around 1:45 p.m. Saturday after reports of a single-vehicle crash.

The Mounties say the truck was travelling east when the driver lost control, crashed through a guard rail and ended up on

its side in a lake.

The driver escaped the vehicle on her own and was hospitalized with minor injuries.

Police say the Environment Department and fire officials responded and measures are in place to contain any fuel leaking from the truck.

The transport truck was not carrying dangerous goods.

THE CANADIAN PRESS

Grocery store lot

Pedestrian unharmed after parking lot collision

HRM's latest pedestrian accident took place in the parking lot of a grocery store during the rainy afternoon on Sunday.

According to a release, Halifax Regional Police responded to a report of a person being struck by a car in the Atlantic

Superstore parking lot on Barrington Street around 2:50 p.m.

Police say a 46-year-old man was walking through the parking lot when he was hit at "low speed" by a vehicle.

He was not injured.

The woman who had hit the man with her car spoke with him to make sure he was unhurt before leaving the scene, said police.

Police say the matter is under investigation and no fines have been issued.

METRO



Natasha Hope-Simpson was the keynote speaker at NSCAD's first Maker Symposium on Friday afternoon. MELISSA HEALD/FOR METRO

Turning makers into doers

NSCAD. Fine arts university hosts Halifax's first-ever Maker Symposium

Quoted

"There's so much ... infrastructure that already exists and there's a lot of ideas. What often is missing is places and opportunity to connect them."

NSCAD director Gregor Ash

As director at the Nova Scotia College of Art and Design University's Institute for Applied Creativity, Gregor Ash is often asked to attend class.

In February, when the professor for a constructed forms foundation-year class asked Ash to attend, he made the decision to go.

Speaking that day was Natasha Hope-Simpson, a graduate of NSCAD who had lost her left leg in a car accident five months before.

She spoke to the class about wanting to design a

better prosthetic limb that wasn't only functional but also aesthetically pleasing.

Inspired by Hope-Simpson, Ash connected her with Kendall Joudrie and Jourdan Dakov of Truro-based Thinking Robot Studios.

"Through email, conference calls, we designed a leg that fits my needs," said Hope-Simpson.

Together, they designed, engineered and printed — using a 3D printer — a cus-

tomized prototype prosthetic limb in fewer than four weeks.

Hope-Simpson shared her story at NSCAD's Port Campus Friday as the keynote speaker at the city's first annual Makers Symposium.

The goal of the weekend event was to link the growing maker community in Nova Scotia.

"There's so much talent here, so much infrastructure that already exists and

there's a lot of ideas," Ash said. "What often is missing is places and opportunity to connect them."

Ash had struck gold connecting Hope-Simpson to Thinking Robot Studios.

"I'm a bit of a picky client," said Hope-Simpson about what she was looking for in the design of the prosthetic. "The two big things were function and aesthetics ... Your average prosthetic has an asymmetrical look, but what would be ideal would be something that will give back symmetry and balance to my form."

She also wanted to create something more feminine because she finds prosthetics to be mechanical looking.

MELISSA HEALD/FOR METRO

Driver airlifted to Halifax after crash on 101



This vehicle was struck head on when the driver of an eastbound Mazda crossed the centre line of Highway 101 near Falmouth.

CAROLE MORRIS-UNDERHILL/HANTS JOURNAL

One woman was airlifted to the QEII Hospital Saturday with serious injuries following a two-vehicle collision on Highway 101 near Falmouth.

An additional two women were transported to hospital with what were believed to be non-life threatening injuries.

While early in their investigation, RCMP Const. Jason Hill said that the car accident involved two Mazdas that were travelling between Falmouth

and Hantsport.

"We believe at this point that the Mazda that was travelling eastbound must have lost control, swerved into the westbound lane and went head-on with the other Mazda," said Hill.

The collision, which occurred along the section of highway that is untraveled, happened around 3:35 p.m.

It was the driver of the eastbound Mazda who was air-

lifted to Halifax. The two other women who were taken to the hospital were travelling in the westbound vehicle. The condition of all three women is unknown at present.

Hill said they are still investigating the accident and encourages anyone who may have witnessed it to contact the Windsor Rural RCMP as soon as possible. The highway reopened to traffic around 7 p.m.

HANTS JOURNAL

Turkey elections. PM hopes vote will dampen corruption scandal

Turkish Prime Minister Recep Tayyip Erdogan appeared to get a big boost from local elections Sunday, in a vote that he has framed as a referendum on his rule.

Erdogan wasn't on the ballot in the countrywide polls, but with about half of votes counted, Turkish newswires suggested that his party was significantly outstripping its results in the last local elections of 2009 and roundly beating the main opposition party.

The strong results would appear to strengthen the prime minister following a tumultuous corruption scandal. The prime minister has been campaigning as if his own career were on the line.

In high-profile races for mayor of Istanbul and Ankara, incumbents from Erdogan's Justice or Development Party, better known by its acronym AKP, were in tight races, early results indicated.

Syria

Two kidnapped journalists freed

Two Spanish journalists freed after being held hostage for more than six months in Syria by a rogue al-Qaida group, the Islamic State of Iraq and the Levant, returned home Sunday.

Javier Espinosa, Middle East bureau chief of El Mun-

Scandal

Erdogan and his party have been rocked by a corruption scandal, with a series of leaked tapes bringing down four ministers with revelations of bribe-taking and coverup.

- One tape allegedly involves Erdogan and family members, but he and his allies have rejected the allegations as a plot orchestrated by followers of U.S.-based Muslim cleric Fethullah Gulen, a former ally who has split with him.

The elections board says more than 50 million people were eligible to vote. Voter turnout appeared to be strong, with people forming long queues at polling stations. **THE ASSOCIATED PRESS**

do newspaper, and Ricardo Garcia Vilanova, a freelance photographer, arrived in Madrid aboard a Spanish government executive jet, less than 24 hours after calling from Turkey to say they were out of captivity and safe. A spokeswoman for the Foreign Ministry would not comment on whether a ransom was negotiated.

THE ASSOCIATED PRESS

Paris voters choose first woman mayor

Far-right plant local roots. Anti-immigration National Front party expected to win up to 15 towns in municipal elections

Anne Hidalgo saved Paris for the flagging Socialist Party in Sunday's municipal elections, becoming the French capital's first female mayor.

"I am the first woman mayor of Paris. I am aware of the challenge," Hidalgo said in a victory speech after defeating the candidate of the conservative right, former minister Nathalie Kosciusko-Morizet.

But the far-right National Front came through with its plan to plant local roots around France, winning 10 towns, according to Interior Ministry results. Party leader Marine Le Pen said this gives her the ability to reach her goal of installing at least 1,000 municipal councillors. She said the party would have more than 1,200.

But the National Front lost bids for several key towns, including Avignon, site of the famed theatre festival, taken by the Socialists in a major upset for the conservative right. The far-right also lost



A child posts his mother's ballot in Pau, southwestern France, Sunday, as voters across France went to the polls in municipal elections seen as a referendum on embattled President Francois Hollande's first two years in office. **BOB EDME/THE ASSOCIATED PRESS**

Perpignan where Le Pen's companion, Louis Aliot, was running. The National Front also lost in the small southern town of Saint Gilles, where one of its two deputies, Gilbert Collard, was running.

Prime Minister Jean-Marc

Quoted

"It's a defeat firstly for the left. It's a sad evening."

Government spokeswoman Najat Vallaud-Belkacem

Ayrault conceded that the final round of voting boded ill for his Socialist party.

"This vote is a defeat for the government," he said.

The voting for local leadership was seen as referendum on unpopular President Francois Hollande. The Socialists' poor results left no doubt that the government would soon be reshuffled.

Hollande's governing Socialists were victorious in 2008 municipal elections but lost a string of mid-sized cities on Sunday, including the Champagne capital of Reims.

The results reflect the president's unpopularity and his failure to cure a lagging economy or fix the unemployment rate hovering around 10 per cent.

"It's an even more severe slap (for the Socialists) than in the first round," said former conservative prime minister Alain Juppe, who retained his seat as mayor of Bordeaux with an outright first-round win.

THE ASSOCIATED PRESS

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Medical marijuana patients worry they'll have to break the law

Pot problems. Some patients argue new system will deny them safe, affordable supply

They might have a temporary reprieve, but painstricken Canadians who grow their own medical marijuana say they may soon face a difficult choice: go without the weed they need or break the law to get it.

A Federal Court judge recently granted an injunction that allows thousands of patients to continue cultivating their own marijuana at home, or designate someone to grow it for them — at least until their legal challenge of planned new rules can be argued

Prices to get high?

- Price per gram, purchased from Health Canada under the old rules: \$5
- Expected price per gram, under the new rules: Expected to initially average about \$8.
- Projection of number of medical marijuana patients by 2024: Up to 450,000

more fully.

But the federal government is determined to change the system, even if Tuesday's full-fledged launch will be delayed.

If the courts ultimately

reject the legal challenge to the plan led by several home growers, anyone other than a licensed producer cultivating pot would be breaking the law.

Still, some medical-marijuana patients argue the new system will deny them a safe, affordable supply of the particular strains of marijuana that make their often debilitating conditions bearable.

Alison Myrden of Burlington, Ont., says she cannot afford to switch to a licensed producer. A former Ontario correctional officer, Myrden is used to playing by the rules. "I don't want to break the law."

Others say they will have little choice if the Federal Court upholds the new system.

THE CANADIAN PRESS



Frozen embrace to honour tragic centennial

A clay version of a sculpture depicting Reuben Crewe embracing his son Albert John is displayed. In 1914, Crewe and his son set out on the ill-fated voyage of sealing vessel SS Newfoundland. In a fierce storm, they ended up stranded miles from their ship and were later found frozen together on an ice pan, the boy's head tucked against his father's chest as he died. Their embrace will be immortalized in a bronze sculpture as part of ceremonies Monday and later this spring to mark 100 years since the disaster.

FRANK GOGOS/NEWFOUNDLAND BRONZE FOUNDRY/THE CANADIAN PRESS

Top Tory operative resigns amid nomination controversy



Dimitri Soudas THE CANADIAN PRESS

The Conservative party's top operative and campaign organizer Dimitri Soudas resigned Sunday amid a controversy over his fiancée's nomination bid in a suburban Toronto riding.

Riding association presidents received a sudden email from party president John Walsh late Sunday evening informing them of the departure.

"Earlier this evening I was notified of the resigna-

tion of Dimitri Soudas as executive director, effective immediately," Walsh wrote in an email.

The party's top governing body, called the national council, was scheduled to discuss the matter. Soudas did not respond to a request for comment.

Soudas is close to Prime Minister Stephen Harper, and had left a senior post at the Canadian Olympic Committee in December to help with the party's 2015 elec-

tion preparations.

But trouble began to brew within the party's grassroots over his fiancée MP Eve Adams' intention to run in the Ontario riding of Oakville-North Burlington.

Soudas had recused himself from any participation in the nomination there because of his relationship, but that did not seem to quell concerns that the playing field would not be level in the riding.

For the first time since

they formed government, the Conservatives are holding open nominations and not protecting incumbents. Party brass are trying hard to dispel the notion that they will help give the parliamentarians an advantage in any way.

Some members said they perceived Soudas was interfering in the nomination race there, which pits Adams against local chiropractor Natalia Lishchyna.

Adams is choosing to run

in that riding, rather than the non-adjacent riding she currently represents in Mississauga.

Matters became tense after an unpleasant exchange between Adams and some members of the Conservative riding association at a meeting on Mar. 19.

Soudas' interim replacement is Simon Thompson, the party's top technology man and former executive at Mitel.

THE CANADIAN PRESS

Quebec

PQ leader pushes values charter at 'secular brunch'

The Parti Quebecois is trying to turn attention toward its charter of values, with Leader Pauline Marois headlining a "secular brunch" Sunday, featuring supporters of the proposal.

Janette Bertrand, a well-known feminist and head of a pro-charter group, said accommodation of religious minorities threatens to erode

the equality between men and women.

Djemila Benhabib, a staunch anti-Islamist and a PQ candidate with an Algerian roots, also attended the brunch.

The PQ's charter of values would ban public-sector employees — including teachers and day-care workers — from displaying or wearing religious symbols such as the hijab.

The PQ has put the focus on identity issues like language and the values charter in recent days.

THE CANADIAN PRESS

Parliament Hill

Victims' rights bill expected in 'next few days'

A long-promised victims' bill of rights is about to be introduced in Parliament, driving a potential political lightning rod into the House of Commons.

Justice Minister Peter MacKay said Sunday he looks forward to delivering on the throne speech commitment "over the next few days."

The proposal, when

it appeared in last fall's speech opening the new session of Parliament, drew a swift response from legal advocates, notably the John Howard Society which described the notion as a return to "medieval" justice and a distraction from the real problems facing the system.

MacKay, in an interview last fall, said the government's intention is to extend the involvement of victims "from the time of the offence to the final disposition of the sentence."

THE CANADIAN PRESS

P.E.I.

Residents urged to come together after deadly fire

Residents of a Prince Edward Island town were told Sunday to support one another following the deaths of three young people whose bodies were found inside an abandoned building in Charlottetown after a fire Saturday morning.

Rev. Gerard Chaisson of St. Mary's Roman Catholic Church in the town of Montague said people

in the community were shocked and saddened by the loss.

Chaisson said he told parishioners during a service Sunday morning about the need to come together during such tragedy.

"I said in this time of darkness for the whole community, this time of struggle and suffering, that we have to look for the light in the whole situation, for glimpses of hope," said Chaisson in a phone interview. "So many people have been affected."

THE CANADIAN PRESS

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FERNANDO CARNEIRO
National Deputy Editor
fernando.carneiro@metronews.ca

If, like me, you were amazed by the newspaper in Harry Potter where the images come to life, you're going to love today's edition of Metro.

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Russia recommends Ukraine federation as Kerry, Lavrov meet

Sunday's meeting.

Diplomatic talks proceed while Russia deploys troops along border

Russia on Sunday set out demands for a diplomatic resolution to the crisis in Ukraine, saying the former Soviet republic should be unified in a federation allowing wide autonomy to its various regions as U.S. Secretary of State John Kerry and Russian Foreign Minister Sergey Lavrov met in Paris in another bid to calm tensions.

After a brief call on French Foreign Minister Laurent Fabius, Kerry sat down with Lavrov at the residence of the Russian ambassador to France to go over Moscow's response to a U.S. plan to de-



U.S. Secretary of State John Kerry, left, shakes hands with Russian Foreign Minister Sergey Lavrov before the start of their meeting.

JACQUELYN MARTIN/THE ASSOCIATED PRESS

escalate the situation as Russian troops continue to amass along the Ukrainian border.

The men said nothing of substance as they shook hands, although after Kerry ended the photo op by thanking assembled journalists, Lavrov cryptically added, in English, "Good luck, and good night."

Appearing on Russian television ahead of his talks with Kerry, Lavrov rejected suspicions that the deployment of tens of thousands of Russian troops near Ukraine is a sign Moscow plans to invade the country following its annexation of the strategic Crimean peninsula.

THE ASSOCIATED PRESS

Flight MH370. Search at sea yields no debris linked to missing plane

Despite what Australia called an "intensifying search effort," an international hunt Sunday by aircraft and ships in the southern Indian Ocean found no debris linked to the Malaysian jet that vanished more than three weeks ago.

Several dozen angry Chinese relatives of Flight 370 passengers demanded "evidence, truth, dignity" from Malaysian authorities, expressing their frustrations at a hotel near Kuala Lumpur as the mystery drags on.

Nine aircraft and eight ships searching the waters off western Australia found only "fishing equipment and other flotsam" not connected to the Malaysia Airlines plane, the Australian Maritime Safety Authority said. The Boeing 777 disappeared March 8 while flying from Kuala Lumpur to Beijing with 239 people aboard.

But at least four orange objects that were more than 2 metres in size were seen by the crew of an Australian P3 Orion search plane, said the pilot, Flight Lt. Russell Adams, after returning to base.

"I must stress that we can't confirm the origin of these objects," he said, add-

The search

The planes and ships are scouring a search zone that was redefined Friday based on satellite data from the Boeing 777, but they have found no debris associated with the flight, said Australian Navy Commodore Peter Leavy.

- The zone lies in a shipping lane where sea trash is common, complicating the effort.
- The planes taking part in Sunday's search included three Australian P3 Orions, a Japanese P3, a Chinese Il-76, a Korean Orion, a U.S. Poseidon and two Malaysian C-130s.

ing that images of the items have yet to be verified, and a GPS buoy was dropped and ships must still investigate.

Adams said it was "the most visibility we had of any objects in the water and gave us the most promising leads."

THE ASSOCIATED PRESS

Washington mudslide. More bodies pulled from debris, dogs take a break

Authorities say the number of people who have been confirmed dead from a U.S. mudslide has increased to 21, from 18.

Jason Biermann of Snohomish County Emergency Management said Sunday that 15 victims have been identified by the county medical examiner. Six have yet to be identified.

Biermann says another four bodies were found in the debris field on Sunday.

About 30 people remain missing after the massive mudslide in a mountainside com-

munity in Washington state on March 22.

Late Saturday, authorities said the number of people believed missing decreased substantially, from 90 to 30.

Rescue crews said Sunday that many of the dogs that have been essential in the search for victims will take a two-day break. Days of sniffing through cold, soupy mud and nearly non-stop rain have taken their toll on the animals, and officials say dogs can lose their sensing ability if they work too long.

THE ASSOCIATED PRESS



Searchers pause for a moment of silence at the scene of a deadly mudslide in Oso, Wash. ELAINE THOMPSON/THE ASSOCIATED PRESS

University of Arizona

Police pepper spray unruly basketball fans

Tucson police shot pepper spray at several hundred fans who took to the streets and threw beer bottles and firecrackers at officers Saturday night after the University of Arizona basketball team's overtime loss to Wisconsin in the NCAA tournament. Fifteen people were arrested for offences such as resisting arrest, disorderly conduct and unlawful assembly, Tucson police Sgt. Pete Dugan said.

THE ASSOCIATED PRESS

Israel and Palestine

U.S. mediators race to salvage peace talks

American mediators held urgent contacts with Israeli and Palestinian officials Sunday in hopes of salvaging troubled Middle East peace talks — searching for a formula to bring the sides back together and extend the negotiations beyond a current late-April deadline.

THE ASSOCIATED PRESS

Venezuela

Pro-gov't militias accused of killing with impunity

Masked gunmen emerged from a group of motorcycle-mounted government loyalists who were attempting to dismantle a barricade in a working-class district of Valencia that's been a centre of unrest since protests broke out last month. When it was over, two men were dead. Shootings by gunmen allied with the government have claimed at least seven lives and left more than 30 wounded since protests began. U.S. Secretary of State John Kerry last month accused the Maduro government of wielding "armed vigilantes" against peaceful protesters.

THE ASSOCIATED PRESS

Iraq

Shooting and bombings kill 16, destroy bridge

A series of attacks in Iraq, including a shooting at a security checkpoint and a suicide car bomb, killed 16 people and destroyed a bridge on Sunday, said officials.

THE ASSOCIATED PRESS



Police occupy Rio slum ahead of World Cup

A couple walks past a navy armoured vehicle during an operation to occupy the Mare slum complex in Rio de Janeiro on Sunday. More than 1,400 police officers and Brazilian Marines rolled into the area near Rio's international airport before dawn Sunday in the latest security push ahead of this year's World Cup. Not a shot was fired as the Mare complex became the latest impoverished area to see security forces move in and try to push out heavily armed drug gangs that have ruled Rio's shantytowns for decades. To see a photo gallery, scan the image above using the Metro AR feature on the Metro mobile app.

LEO CORREA/THE ASSOCIATED PRESS

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TRY IT!

Peacekeepers kill civilians in Central African Rep.

Reprisal fears.

A spokesman for peacekeeping soldiers said the action was a 'legitimate defence'

Chadian peacekeeping soldiers opened fire on civilians in Central African Republic's strife-torn capital city Bangui over the weekend, killing more than 30 and sparking fears of reprisal attacks, officials and witnesses said.

Jean-Pierre Sadou, a gendarmerie official with the regional peacekeeping mission, could not confirm the death tolls. But he did say the soldiers' actions were a "legitimate defence" after an attack on their convoy.

The soldiers were re-

Atrocities

Central African Republic, long one of the world's poorest countries, descended into chaos one year ago when an alliance of mostly Muslim rebel groups in the country's north overthrew President Francois Bozize.

- The rule of the rebel coalition was marked by atrocities, including tying together victims and throwing them off bridges into rivers to be eaten by crocodiles.

turning from a mission in the country's interior on Saturday when two of their vehicles were attacked by grenades, said Sadou.

THE ASSOCIATED PRESS



In memoriam: Soccer tragedy

Laying down flowers and jerseys, supporters of Stockholm soccer club Djurgarden IF pay their respects at the spot where a fellow supporter was fatally assaulted. He died of head injuries. The attack occurred before the season-opening Swedish league match between Helsingborg IF and Djurgarden IF on Sunday.

BJORN LINDGREN/TT NEWS AGENCY/THE ASSOCIATED PRESS

Border closed over Ebola fears

Senegal has closed its land border with neighbouring Guinea to prevent the spread of the Ebola outbreak, which has killed at least 70 people.

Senegal's Interior Ministry announced the border closure Saturday. It also said officials in the southern region of Kolda closed a weekly market which draws thousands of people from the neighbouring West African countries of Guinea, Gambia and Guinea-

Bissau.

Guinea confirmed last week that several victims of hemorrhagic fever in the country's southern region had tested positive for Ebola. Eight cases have been confirmed in Guinea's capital, Conakry, and in neighbouring Liberia and Sierra Leone authorities are also investigating suspected cases.

The hemorrhagic fever's initial symptoms can mimic

malaria, but as the disease progresses it can lead to grisly deaths as patients bleed both internally and externally.

Ebola is one of the world's most deadly viruses and has spread from a remote forested corner of southern Guinea to the country's seaside capital.

Among the poorest countries in the world, Guinea has severely limited medical facilities and a large population

living in slums where the virus could spread quickly.

"Poor living conditions and lack of water and sanitation in most parts of Conakry poses a serious risk of this epidemic spiralling into a crisis," said Ibrahima Toure, country director for the aid group Plan International. There is no cure for the disease and the virus strain in Guinea has a fatality rate of up to 90 per cent. THE ASSOCIATED PRESS



CORRECTING THE FACTS

A message from CAPITAL HEALTH

Providing safe, high-quality care for patients is our priority at Capital Health. We stand by that statement, and so does the evidence.

You should know that:

Capital Health units have safe, evidence-based staffing levels.

- Nurse staffing is a complex process that requires a dynamic, informed decision-making approach. Nurses work with a team of health care professionals who have a variety of necessary skills.

The QEII Health Sciences Centre mortality rate is on par with the national average.

- The QEII at Capital Health has a mortality rate that is on par with the national average for similar organizations as measured by the Hospital Standardized Mortality Ratio (CIHI, 2012-13).

Capital Health has a strong record of patient safety.

- Having multiple interactions with almost one million patients each year, Capital Health employees reported 19,752 patient safety incidents in 2012-13. About 97 per cent of reported incidents were near misses or no harm / minimal harm. Patient safety reporting systems are intentionally designed to maximize reporting; having increased reporting of adverse events indicates a strong culture of patient safety at Capital Health.

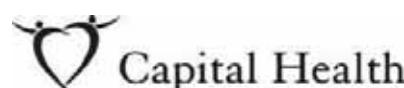
Capital Health has proposed emergency staffing levels that will keep patients safe during a strike.

- Capital Health has requested the number of registered nurses that will be necessary to ensure patients' lives are not endangered. This is based on the advice of physicians and clinical directors. Emergency staffing levels are non-negotiable.

For more information:

For up-to-date information on services affected during a possible strike, visit www.cdha.nshealth.ca.

You may also call 473-2700 or 1-855-473-2700 toll-free, or email yourcare@cdha.nshealth.ca.



More players in exchange-traded fund game a win for consumers



HOW
TO ROLL
Alison Griffiths
metronews.ca

When a business Goliath starts feeling vulnerable, what happens? Out comes the chainsaw! Canada's largest exchange-traded fund (ETF) provider, BlackRock Asset Management Canada, a.k.a. iShares Canada, has just slashed management fees on nine of its funds.

This is excellent news for those who invest passively. Passive or index investing using exchange-traded funds (ETFs) has long been proven to be a winning strategy for retail (i.e. you and me) investors.

ETFs simply track or mimic an index such as the S&P/TSX Composite. The fees are extremely low compared to mutual funds.

Not long ago there was just a handful of ETFs in Canada.

Today there are nearly 300. While the plethora of ETFs has produced a more confusing landscape for investors, there's now far more choice. Though the iShares behemoth still dominates with nearly 66 per cent of the market, its share is down from almost 72 per cent a year ago.

In response to ETF competitors, iShares is chopping fees. The biggest beneficiary is the iShares S&P/TSX Capped Composite Index (XIC) with an 80 per cent decline from 0.25 per cent to 0.05 per cent. The popular hedged and non-hedged U.S. ETFs that track the S&P 500 Index, XSP and XUS, have dropped from 0.22 and 0.14 per cent to 0.10 per cent each.

In contrast, the fee range for a Canadian mutual fund holding larger U.S. or Canadian companies is between about 1.9 and 2.6 per cent.

Fees have a huge impact on your bottom line. Let's say you



A buffet of exchange-traded funds for Canadians to choose from means keeping more money in your pocket. iSTOCK

have \$50,000 in an RRSP with a 2.2 per cent annual management fee (MER).

At a return of five per cent over 15 years with no new contributions, you will have \$74,455 after paying \$21,000

in fees. The opportunity cost, or the money you lose by not having the fees working for you, is \$8,492.

Contrast this to an ETF with an MER of only 0.10 per cent. The total return is \$102,398

and only \$1,124 has gone to fees. The opportunity cost is just \$424.

ETF fees are already low but iShares' move means more money in the pockets of index investors.

Canadian connection

Some top Canadian ETF providers include:

- BMO Asset Management: www.etfs.bmo.com
- First Asset: www.first-trustetfs.ca/etfs
- Horizons Exchange Traded Funds: www.horizonsetfs.com
- Invesco Limited (PowerShares): www.invesco.ca
- iShares by BlackRock: ca.ishares.com/home.htm
- RBC Global Asset Management: funds.rbcgam.com/etfs/
- Vanguard Group: www.vanguardcanada.ca

Legal pot producers grow high expectations

From the outside, there's little to distinguish Medijean Distribution Inc.'s headquarters from the unremarkable office complexes and warehouses that surround it in a sprawling slice of industrial suburbia near Vancouver.

Inside, however, the picture is unlike anything else around it. The company is putting the finishing touches on a massive hydroponic operation as it joins a lucrative new industry made possible by Health Canada's overhaul of the country's

medical pot system.

One of the facility's growing rooms is already home to dozens of maturing green plants of various strains, and it will soon house many more. The concrete vault is empty, but it will eventually be filled with dried marijuana ready to be shipped across the country.

In contrast to the stereotypical grow-ops of movies and TV newsreels — whether for medical use, the black market, or the uncomfortable place where those two worlds collide

— the facility has a sterile laboratory feel, which is precisely the point.

"This is anything but a grow-op," says Anton Mattadeen, the company's chief strategy officer, during a recent tour of the facility in Richmond, B.C.

"It is a clean-run, biopharmaceutical facility designed to produce the highest quality produce available. Whatever your views are based on the stigma (of marijuana), that's not us."

THE CANADIAN PRESS

Rolling out new system

A recent Federal Court ruling injunction will allow patients to continue to grow under the old rules for now, but the commercial regime will still proceed as planned.

- Under the new system, patients send a form signed by their doctor to the commercial producers of their choice.



Marijuana plant strains are held in jars as a Medijean senior lab technician works at the medical marijuana facility in Richmond, B.C., recently. THE CANADIAN PRESS

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5 Classified ft B.o.B Higher

4 Katy Perry ft Juicy J Dark Horse

3 Magic Rude

2 Jason Derulo ft 2 Chains Talk Dirty

1 Beyoncé ft Jay Z Drunk In Love

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BULLYING NURSES NOT A SOLUTION

No one seemed to know why. Neither side had made a new offer, each side insisted with equal insistence. Nor had there been any concessions or Saul-like conversions on the path to the picket line anyone knew about.

Despite that, the conciliator had called, so they were heeding the call to mediation.

Negotiators for Capital Health and Local 97 of the NSGEU are scheduled to begin bargaining again at 8:45 a.m. Monday in what seems like a desultory attempt to head off Thursday's expected nurses' strike — or say they'd made the attempt.

One hopes that somewhere between the silences, the Tims and the stale muffins from the previous weekend's fruitless, non-negotiations, the two sides will finally discuss the obvious sticky point.

The nurses want Capital Health to implement, over time, mandatory nurse-patient ratios ... and that's non-negotiable. Capital Health says they don't work ... talk to the hand.

Who can say who's right?



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

Kim Campbell, our one-time prime minister of four months, may have been correct when she said — excuse the paraphrase — 'collective bargaining is no place to discuss serious issues.' But, from the union's perspective, what's the alternative?

They claim there are too few nurses, and those nurses are overworked and over-stressed. That leads, inevitably, to poorer patient care.

Our new government's faux fix for what ails our health-care system — combining relatively efficient regional health boards into a more bureaucratic, likely less efficient central one — doesn't ask the right questions, let alone offer answers.

Our biggest single health-care cost driver is doctors' fees. Physicians are currently developing strategy for upcoming negotiations with the province over the so-called Master Agreement, and they have already said they want significantly increased compensation.

Although our doctors are among the lowest paid in the

Centralizing health care is just a faux fix

Our new government's faux fix for what ails our health-care system — combining relatively efficient regional health boards into a more bureaucratic, likely less efficient central one — doesn't ask the right questions, let alone offer answers.

country — if you call an average of \$250,000 per year low — we also have more doctors per capita than any other province. Do we need that many? Should more of what they do be done by less costly nurses? More of what nurses do be done by licensed practical nurses? In community-based, collaborative, health care centres?

It's past time for Premier Stephen McNeil to assume leadership here.

Instead of bullying nurses for raising important questions, he should start asking some of those questions himself.

MetroTube

On two legs, life's a beach

 **ANDREW FIFIELD**
metronews.ca

Washington's Panda Paws Rescue does a lot of wonderful work rehabbing animals with serious medical needs that may otherwise go neglected.

They also happen to be home to Duncan Lou Who, a real-life boxer version of the Google Street View half-cat.

With a touch of heart-melting tenacity, Duncan, who seems to love nothing more than a little beach romp, experiences the beach for the first time in this video. Visit pandapawsrescue.org.



The YouTube video of Duncan Lou Who has over one million views. YOUTUBE SCREENGRAB

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



This issue, you can find AR enhancements on page 10 in News, page 14 in Scene, page 16 in Life and page 21 in Sports.

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

ZOOM

Riot-inspired art decorates Greece



DIMITRI MESSINIS/THE ASSOCIATED PRESS

Graffiti proliferates with lax laws

Artwork by Indonesian-born street artist WD, inspired by a news photograph from recent riots in Istanbul, Turkey, is seen in central Athens. Anti-government demonstrations in Greece have inspired local street artists as the country struggles to emerge from a six-year recession. The inscription on the wall is a quote from Argentine revolutionary Ernesto (Che) Guevara.

Greece has attracted international street artists to its capital, due to the availability of commissioned work and relatively lax anti-graffiti law.

THE ASSOCIATED PRESS

Serena Ryder, Tegan and Sara win big at Junos

Music awards. Ryder thanks mom and dad for paying the bills while she wrote and recorded in her bedroom

Tegan and Sara's pop makeover Heartthrob set the 43rd Juno Awards swooning. Arcade Fire made its presence felt from almost 10,000 kilometres away while decorated co-host Serena Ryder worked overtime to keep things smooth in the Prairies on Sunday night. With wins for group, pop album and single of the year — the skydive-thrilling Closer — Calgary-reared twins Tegan and Sara managed a field-leading three wins, after having been shut out in five career nominations prior to this year. "When we asked our parents if we could play music instead of go to university, they were really mad at us," said Tegan, 33. "And they agreed to let us do that for a couple years,

Big wins for Mays, JRDN

- Cole Harbour's Matt Mays took home the Juno for rock album of the year during the award's presented on Saturday night. Mays, who had five nominations, won for his record Coyote. Halifax's JRDN won R&B/Soul recording of the year for Can't Choose, and Chester's Dean Brody captured country album of the year for Crop Circles. - METRO

and somewhere in all of that, we signed a record deal with Neil Young and Elliot Roberts." Still, the greatest honour of the night was reserved for Arcade Fire, whose difficult double-disc venture Reflektor mirrored their achievement of three years ago by claiming album of the year. THE CANADIAN PRESS

And the winner is ...

A partial list of early winners at the 43rd Juno Awards::

- **Artist of the year.** Serena Ryder
- **Rap recording of the year.** Drake, Nothing Was the Same
- **Pop album of the year.** Tegan and Sara, Heartthrob
- **Breakthrough artist of the year.** Brett Kissel
- **Adult alternative album**

of the year. Ron Sexsmith, Forever Endeavour

- **Alternative album of the year.** Arcade Fire, Reflektor
- **Dance recording of the year.** Armin van Buuren & Trevor Guthrie, This Is What It Feels Like
- **Electronic album of the year.** Ryan Hemsworth, Guilt Trips
- **Metal/hard music album of the year.** Protest the Hero,



Serena Ryder arrives at the 43rd Juno awards. Not only did the singer-songwriter pick up an early Juno for artist of the year, she also co-hosted the awards show with rapper Classified and country artist Johnny Reid. THE CANADIAN PRESS

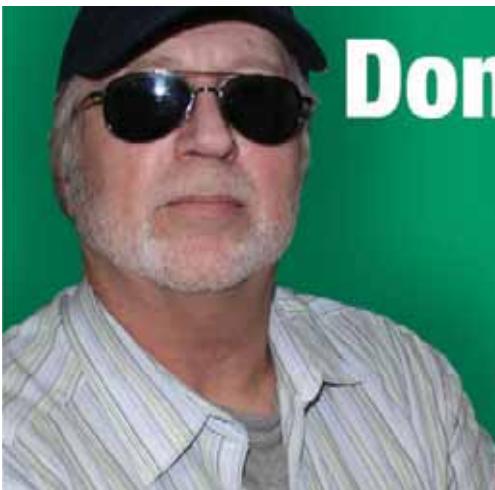


Tegan and Sarah celebrate their Juno Award for pop album of the year.
JOHN WOODS/THE CANADIAN PRESS

Volition

- **Reggae recording of the year.** Exco Levi & Kabaka Pyramid, Strive
- **Aboriginal album of the year.** George Leach, Surrender

Due to the late start time of the awards show this year, the complete list of winners was not available by press time. For a full list and more coverage, visit metronews.ca.



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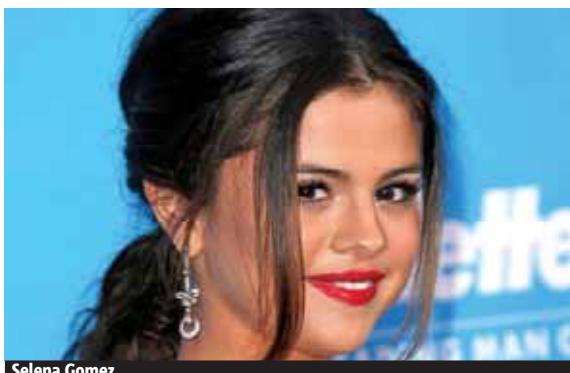


Gwyneth Paltrow and Chris Martin ALL PHOTOS GETTY IMAGES

Too-cool-for-Coldplay Gwynnie won't be missed by boys in the band

Regardless of whether it was Gwyneth Paltrow or Chris Martin who decided to go ahead with the couple's "conscious uncoupling," Martin's bandmates in Coldplay are reportedly relieved, having likened Paltrow to Yoko Ono, according to Radar Online. "The members of Coldplay loathed Gwyneth. (She) never made any attempt to bond with Chris's band members, who also happen to be his best friends," a source says. "In particular, guitarist Jonny Buckland and his wife Chloe had hoped to become closer couples friends with Gwyneth and Chris after they had their own two children, but

it never happened. Gwyneth just couldn't be bothered because she would rather hang out with her other famous London friends. It was clear that Gwyneth viewed Chris's life with the band as completely separate from her world." But despite that lack of interest, Paltrow still reportedly took issue with "Chris going on tour with the band so much," the source adds. "She always made him feel guilty and said she was stuck at home with the kids while Chris was off seeing the world. But this is his job. Gwyneth knew she was marrying a rock star, and what did she expect him to do?"



Selena Gomez

Selena subpoenaed? You'd better Belieb it

Selena Gomez was just making a normal trip to a convenience store in L.A. recently when she was served with a summons to testify in on-again, off-again boyfriend Justin Bieber's legal dispute with a photographer, according to Us Weekly. Gomez will now have to face questions under oath about a May 2012 incident in which Bieber allegedly kicked paparazzo Jose Duran in the stomach at a shopping mall in Calabasas, Calif.

Reports state that Bieber and Gomez left the scene before police arrived. Bieber himself was deposed for a different lawsuit — brought by a different photographer who claims the Canadian pop star assaulted him — earlier this month, though Bieber got belligerent when the line of questioning switched focus to Gomez. "Don't ask me about her again," he repeatedly demanded. Gomez is expected to be subpoenaed in that case as well.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Singer earns RiRi-spect of fashion world



STARGAZING

Malene Arpe
scene@metronews.ca

Rihanna will receive the prestigious CFDA Fashion Icon award. I'm assuming that stands for Chick Finds Drake Adorable.

Angelina Jolie teams up with Stella McCartney for a special Maleficent-themed kids' collection. Unfortunately for all the sweet little tykes out there wanting one of the fun costumes, the collection was completely sold out when Angelina was



done shopping for her own children.

A Kanye West photo from a Vogue story shows him as having no mirror reflec-

tion. There are a number of reasonable explanations: 1) He is probably a vampire. 2) Someone went too far with the Photoshop. 3) He is a vampire. 4) He is

clearly a vampire.

Jennifer Aniston says tabloids are "toxic." She explains: "Every time I get lonely because I'm old and childless and hug the magazines for comfort, I get a rash."

Lady Gaga says she's not in charge at home as "it's not good for relationships to tell men what to do." Your suggestion about pickled pigs feet and feathers didn't go over well, did it?

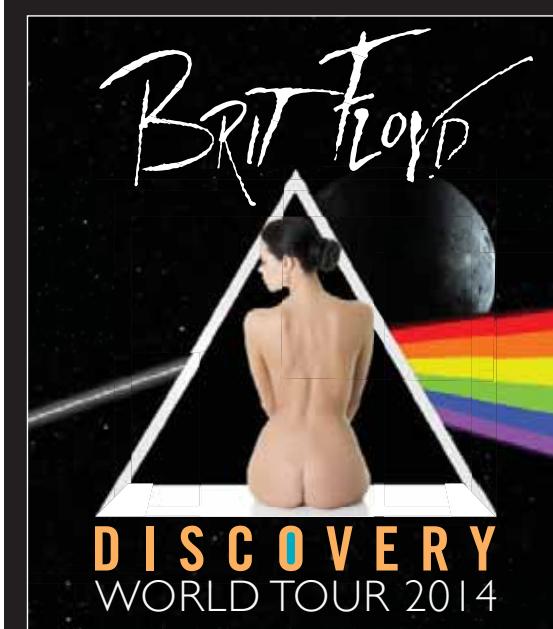
There's a very good chance The Backstreet Boys and The Spice Girls could soon be touring together. I've never been happier that I kept my parachute pants and my Union Jack halter top. #onlyslightlymotheaten.

Virtual Winehouse world tour rings hologram



Amy Winehouse

Amy Winehouse may rise again to embark on a world tour — as a hologram. Billionaire Alki David says he's planning to utilize the same technology that led to an appearance by a virtual Tupac Shakur at Coachella in 2012 to keep Winehouse's career going. "With an orchestra and her hologram, she can take the stage and fans can see her perform her legendary hits," David tells the Sun. While initial reports suggested that Winehouse's father, Mitch Winehouse, is on board with the plan, he apparently isn't. "No truth in the hologram story. Utter rubbish as usual," Mitch posted to Twitter this weekend.



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Brown bag it, get your fill of savings

Think inside the lunch box. A packed meal is a steal compared to eating out every day



GAIL
VAZ-OXLADE
Gail blogs daily at
gailvazoxlade.com

Over and over I meet families who are spending thousands of dollars a year eating out. And over and over I challenge them to give up buying lunches and coffees and substitute food made at home. It's often a hard sell. I'm not sure why, since I love my own cooking much more than the food I can buy in fast-food joint — though there are times when I have a hankering for something I don't make particularly well. But, on a day-to-day basis, my food is way better than what one of my fams referred to as "outside" food.

On one episode of *Til Debt Do Us Part*, I handed a gal a lunch box with my face on it and told her to use it. While her hubby was the primary cook in the family and would often make her lunch, she'd leave it behind. She didn't want to give up eating out with her co-workers, so she'd end up spending between \$8 and \$12 a day on food at work. Hello! \$12 a day, multiplied by 5 days a week, multiplied by 50 weeks a year equals \$3,000 a year. That's right, THREE THOUSAND DOLLARS. (And those are after-tax dollars!)



Pack your own lunch for a healthier bank balance. iSTOCK

Lunch out packs a punch

\$3,000

Spending \$12 a day on food at work, multiplied by 5 days a week, multiplied by 50 weeks a year equals \$3,000 a year.

Creating a lunch for work does take some time and planning. The first thing out of most people's mouths is, "I don't have time in the mornings!" Really? Then get up earlier, lazy! Are you telling me it's not worth \$3,000 a year to you (in after-tax dollars) to get up 15 minutes earlier in the morning? Give your head a shake.

One of our household's favourite salads is lettuce, red pepper, watermelon and feta cheese. No dressing needed because the watermelon is so juicy. Yum! You'd be hard-pressed to find a more healthy or delicious salad. And it's dead easy to pack ahead and eat on the go.

Then, of course, there's always the sandwich. Loads of people hate the idea of sandwiches because they have a tendency to get soggy. Easy solution: Pack each ingredient separately and assemble it at lunchtime. Need to keep the ingredients cold? Freeze a juice box or half bottle of water to pack with your cold ingredients. You can do this

with homemade iced tea or iced coffee, too.

Salads and sandwiches are, of course, easy. But there are lots of people who want a hot lunch. It's easy if you have a microwave at work. But if you don't or are on the road, consider this marvellous invention called a Thermos. They're brilliant. Soups, fried rice, chili, lasagna, just about anything can go into one. You can make extra for dinner and pack the leftovers for your next day's lunch. To keep the food hot, preheat the Thermos by pouring boiling water in first for a few minutes, then dumping the water out and adding the reheated food.

Some people say they buy

lunch because they love the social aspect of eating out. Hey, I'm as social as the next guy. But being social and going broke is dumb. So pick one day of the week when you'll eat out with friends and give yourself something to look forward to. Maybe you'll choose Wednesday (hump day), or Friday to celebrate the end of the week. Whatever day you choose, lunching out once a week instead of five will cut your spending by 80 per cent.

Better yet, start a Lunch Club at work and pick one day a week when you each bring something to contribute to a group lunch. Or challenge each other to find the cheapest good food in your area, and take advantage of the lunch special. All-day breakfasts at \$2.99 can't be beat for value.

Be creative. The idea is to have a great life and save some money, at least until you're debt-free. Hey, if you don't owe nobody nuthin', then you can swallow your money to your heart's desire. But if you're in hock, or haven't been saving two red cents for the future, then you owe it to yourself to use all the tricks at your disposal to make your money work as hard as you do.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO Mymoneymychoices.com AND FOLLOW THE ROADMAP TO SUCCESS.

METRO CUSTOM PUBLISHING

Claiming tuition credits and dependant parents

Tax Talk

Need
Advice?

Caroline Battista
Tax Analyst at H&R Block



H&R BLOCK

Q I have \$25,000 in tuition credits carried forward. Can I transfer it to my student loan?

A Sorry, but the carry forward does not work like that. Students are allowed to carry forward tuition and education credits they can't use until they have enough income to claim them. Tuition and education credits are what we call non-refundable, meaning they cannot create a tax refund by themselves. You have to claim them against income tax you paid during the year in order to use them. Non-refundable credits also have to be multiplied by 15% before you claim them. So your \$25,000 in credits will mean \$3,750 in tax savings. You can certainly apply your tax savings to your student loan as a lump sum once you get your tax refund, but there is no way to do a direct transfer.

Q My elderly parents live with me. Can I claim them as dependants?

A Maybe. It depends on their age and their income. But if they are older than 65 and have low income, you may be able to claim the \$4,490 caregiver amount which means about \$673 in tax savings. If they are infirm, this is boosted to \$6,530 by the family caregiver amount. And depending on their health, you may also want to explore the Disability Tax Credit if either of them qualifies. If they can't use all of the credit, they could transfer it to you.

Visit hrblock.ca for a location near you

Canada's coolest courses

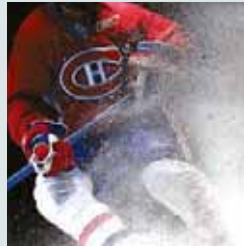
Are you majoring in napping with a minor in surreptitiously checking Instagram under your desk? Consider signing up for one of these three out-of-the-box courses, currently being offered at schools across the country. While we can't tell you exactly what's on the syllabus, we guarantee the content won't make you beeline for your dorm bed.

ELENI DEACON
life@metronews.ca

The Sociology of Hockey in Canada

Here's one for the thoughtful jocks. This University of Regina class examines hockey not just as a game, but as an important aspect of our country's culture with implications reaching far beyond the nosebleeds. Themes on the curriculum include how the sport impacts the economy, social inequality, and Canadian nationalism. It all sounds very studious, but when a disagreement breaks out in tutorial, we imagine it's a gloves-off, sticks-down brawl.

FROM LEFT TO RIGHT: MONTE ISOM / FLICKR, BEAR GRAHAM / FLICKR, KATIEW / FLICKR



Communication Through Meme

Was Feminist Ryan Gosling really that feminist? What are the social dynamics of planking? And is Doge a radical linguistic visionary or just stupid? Some or none of these questions may be answered in Communication Through Meme, a course at the University of Western Ontario that explores the history and impact of memes, both online and off. Instead of slaving over a term paper, students should just submit a picture of a kitten with "I can has A+?" written in block font in the foreground.



The Art of Breaking

Spin on your head, get school credit. That's the in-a-nutshell premise behind this breakdancing class offered at York University in Toronto. But while technique is integral to the course, it's not all six-steps and freezes. In addition to learning b-boy moves, students also explore breakdancing from a historical and political perspective. Which means graduates gain a deeper understanding of hip hop's cultural context along with learning how to do the worm at parties.



They work hard for the money

Pros and cons of quick cash. Their jobs can be rough, dirty, gruelling and lonely, but when the money needs to be made, hard labourers can reap rewards quickly

DAVID SINGH
Metro World News

Chris Zayonce was still relatively new to the oil sands when he came inches away from a silent killer.

Working on an oil rig in Smoky Lake, Alta., Zayonce and his colleagues encountered a pocket of poisonous H2S gas emitting from the ground. The monitor he was wearing on his overalls immediately began to ring — at which point he dashed away from the area. One whiff of the odourless gas would have killed him.

But his work day didn't end there. He and his co-workers were expected to throw on a special suit, mask and oxygen tank so they

Women in the workforce

Ng says it may be difficult for women trying to get jobs as physical labourers.

- “Manual labour tends to be blue-collar work where men are generally preferred over women because of the physical requirement,” he said. “Some women self-select themselves out of certain (areas), like unskilled construction and agriculture, but prefer others, such as nannies or food services.”

could get right back to work.

“It was probably one of the freakiest experiences of my life,” said Zayonce, 31. “Knowing that you have to go back out and deal with this, but knowing at the same time it can kill you — it was very nerve-wracking.”

But such was life for Zayonce at the time. The Surrey, B.C., native spent several years working in the Alberta oil sands. He didn't have any experience, so his job duties were often dangerous and always involved “non-stop



Ready to pack up and move away from home for work? Ng says many employers use agencies that handle recruitment, which can easily be found online. ISTOCK

physical labour.”

Ask why he subjected himself to this, and the answer is simple.

“Money,” said Zayonce. “If you go there and do it properly, the paycheques are big. You can go as an unskilled labourer, walk into a job and make \$120,000 a year if you're willing to work for it.”

When he was on the oil

rigs, Zayonce earned \$90,000 in just seven months. Then, when he worked on the pipelines, he made well over \$100,000 per year.

“But you have to think of the hours I put in,” he noted. “(On the pipelines) I worked six days a week, 10-plus hours a day, 52 weeks of the year.”

Zayonce's situation is

mirrored by many across Canada. According to Ed Ng, an associate professor who teaches human resource management at Dalhousie University, there are several industries that open their doors to unskilled workers willing to move abroad and put in serious labour.

“Agriculture is a major one, food services and domes-

tic help are also desperate for workers,” Ng said, adding that there are openings available for unskilled construction workers, fruit pickers, cooks, fast-food employees, cleaners and babysitters.

Many such positions become available in “boom towns,” which see their economy boosted by successful industries, like oil and gas in Alberta, for example. But there's the catch.

“Most of the jobs in these industries have undesirable working conditions, such as exposure to hot and cold weather, undesirable locations, unpleasant work environments, and also require hard physical labour,” said Ng.

Zayonce, for his part, believes there's more to it than just quick money — in some cases, moving abroad can help boost one's career. He's now back in B.C. and is doing very well with his infrastructure work.

“You can set yourself up for a good career. You can go and advance yourself so by the time you're 30, you can be the boss who runs the jobs, where you're not in the fields with all the risk anymore.”

A healthy and kid-friendly fave

Chicken Fingers

Parmesan. An update on a classic, this dish will have the whole family begging for seconds



ROSE REISMAN
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FLASH FOOD

 From your fridge
to your table in
30 minutes or less

We've all enjoyed the traditional chicken Parmesan, but let's adapt this into a great family meal, perfect for the kids.

Voilà, chicken fingers Parmesan! So easy to prepare.

The nutritional difference here is that the chicken fingers are baked,

Ingredients

- 1 egg
- 1 tbsp water (or low-fat milk)
- 3/4 cup seasoned dry bread crumbs
- 2 tbsp grated Parmesan cheese
- 1 lb skinless boneless chicken breasts (about 4 breasts cut into 16 strips)
- 1 1/2 cup tomato sauce (homemade or store bought)
- 3/4 cup shredded mozzarella cheese
- 2 tbsp chopped fresh basil or parsley



COOKING TIME
25 MINUTES

This recipe serves four. ROSE REISMAN

not fried, saving you three times the calories — not to mention the fat!

My baked version is flavourful due to the Parmesan bread-crumb coating and the low-fat tomato sauce, which keeps the tenders moist.

You could also try this with turkey breast or white

fish fillets! If you don't want to make your own tomato sauce, use your favourite brand. Commercial tomato sauce is a great low-fat addition to any meal, but read the nutrition label for added sugar.

Directions

1. Preheat the oven to 400°F.

Lightly coat an 8-inch square baking dish with cooking spray.

2. In a bowl, mix the egg and water. In another bowl, combine the bread crumbs and Parmesan cheese.

3. Dip the chicken fingers in the egg mixture, then the

bread crumb mixture.

4. Lightly coat a large, nonstick skillet with cooking spray and place over medium-high heat. Add oil and sauté the chicken fingers for 5 minutes per side or just until cooked.

5. Add half the tomato sauce

to the baking dish. Place the chicken fingers over the sauce, then pour the remaining tomato sauce over the chicken and sprinkle with the mozzarella cheese. Bake for 5 minutes or until the cheese has melted. Garnish with the basil or parsley.

THE BEST OF ROSE REISMAN (WHITE-CAP BOOKS) BY ROSE REISMAN

Make a great mini mac 'n' cheese app

Here's a great way to put some pizzazz in a mac and cheese classic. Individual mini meals are the trend today, so I decided to pack this staple dish into won ton shells and serve them as a savoury appetizer.

1. Preheat oven to 425°F. Light-

ly coat 12-cup muffin tin with cooking spray.

2. Whisk flour, stock and milk in a saucepan until smooth. Place over medium heat and cook, whisking constantly, 3 minutes or until the mixture is hot and thickened. Stir in

3/4 cup cheddar and Parmesan cheeses and mustard. Cook until cheese melts, about 1 minute. Remove from heat.

3. Meanwhile, bring pot of water to boil. Add macaroni for 8 to 10 minutes, until tender but still firm. Drain well

and place in mixing bowl. Add cheese sauce and chicken. Toss to combine.

4. Line each muffin cup with two won ton papers, overlapping so ends come out over edge of pan. Fill each cup with 1/3 cup macaroni mixture.

5. Topping: combine bread crumbs, Parmesan and oil in small bowl. Sprinkle evenly over macaroni and top with remaining 1/4 cup cheddar cheese.

6. Bake in centre of preheated oven for 15 minutes or until filling is hot and won ton shells are brown. Garnish with the parsley and serve.

ROSE REISMAN

Ingredients

- 2 tbsp all-purpose flour
- 3/4 cup chicken (or vegetable) stock
- 3/4 cup canned evaporated milk (2%)
- 3/4 cup shredded aged light cheddar cheese
- 3 tbsp grated Parmesan cheese
- 1/2 tsp Dijon mustard
- 1 3/4 cups elbow whole wheat macaroni
- 3/4 cup diced cooked chicken
- 24 won ton papers

Topping:

- 1/4 cup seasoned dry bread crumbs
- 1 tbsp grated Parmesan cheese
- 2 tsp olive oil
- 1/4 cup shredded aged light cheddar cheese
- 3 tbsp chopped parsley



This recipe serves six (two per person). ROSE REISMAN



The best of the best

BEST NEW PRODUCT AWARD WINNERS CHOSEN



Love to try new products but not sure which ones you'll be happy with?

The 2014 Best New Product Awards can help you there – and then some.

Now in its 11th year, Canada's largest consumer-packaged awards program puts the spotlight on the best new food, beverage, beauty, health and household products in stores. But what's most significant is that the judges are all regular consumers across Canada.

More than 90,000 Canadians participated in this year's study to choose 88 winning products from almost 300 new product innovations that made it onto the final survey list after an exhaustive search for the most promising new products launched in Canada.

"Most of us like to know which products are recommended by the people who have tried them – and these awards let you know what thousands of real Canadian consumers think," said Robert Levy, president and CEO of BrandSpark International, which is the independent market research firm that developed the awards. "In effect, the Best New Product Awards have become the Canadian shoppers' seal of approval," he said.

"In effect, the Best New Product Awards have become the Canadian shoppers' seal of approval."

— Robert Levy,
president and CEO of
BrandSpark International

When shoppers purchase a Best New Product Award winner it means that they're buying a product that has been tried and endorsed by thousands of Canadians just like them," said Levy.

The winning products are being promoted by Best New Products Awards partners including Metro News, Canadian Living and Walmart. Select winners will be identified in Walmart stores with shelf signage.

Visit bestnewproducts.ca for more information.

Select winners available at Walmart

It's full steam ahead for a new kind of frozen entrée



If you shop the frozen meal aisle at the supermarket, you may be familiar with VH® Steamers™. If you've tried any of these exotic entrées, your taste buds aren't likely to forget the experience any time soon. That's because VH Steamers take frozen dinners to a refreshing new level.

NOT YOUR TYPICAL TV TRAY DINNERS

What sets VH Steamers apart from the many other meals you find in your store's freezer aisle? For starters, they come in a wide range of Asian-inspired mouth-watering dishes containing tender meats and crisp vegetables. With 10 great varieties, there's definitely a dish for everyone.

But it's not only the choice of wonderful dishes that makes VH Steamers in a class of their own. It's also their unique DuoTray Steamcooker™ technology. Through the power of the DuoTray Steamcooker, food is steam-cooked in its own juices, locking in flavour and preserving the texture of the meal. The technology consists of two components — the Steamer Basket and the Sauce Bowl.

The Steamer Basket holds the vegetables, proteins and pasta. The Sauce Bowl, which contains the sauce and some spices, rests beneath the basket. With a little help from

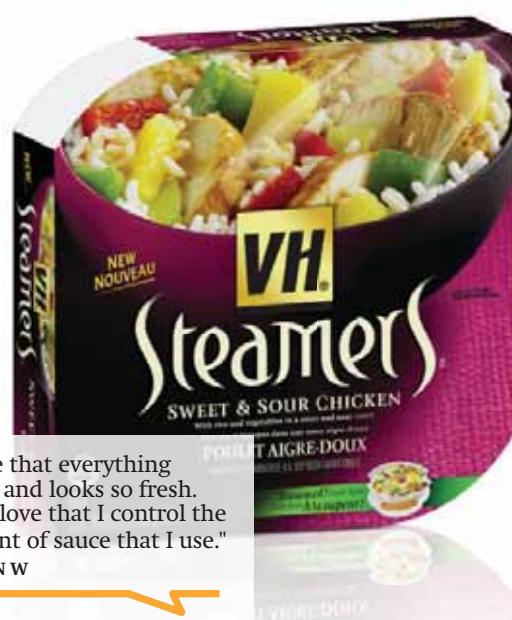
your trusty microwave, steam forms from the sauce, which then cooks the meal in the basket. Once heating is completed, you simply add the contents of the Steamer Basket to the sauce. You can also place steamed food on plate and top it with the amount of sauce you desire. A little or a lot — it's completely up to you.

WHERE IT ALL STARTED

VH has a very unique heritage and story that started in the 1950s with one man's quest to find something more inspiring than the usual North American fare people were accustomed to eating. The man was Vincent Harrison. While on his travels through Asia, Harrison discovered exotic and inspiring tastes he wanted to take home to Canada. His passion was to bring these remarkable flavours and share with Canadians in an approachable way. And so VH was born.

"Today, VH is all about inspiring people to try something new and exciting, with its distinct and flavourful meals," says Paulina Lo, assistant brand manager, VH Steamers. "It's a tradition that began with Vincent Harrison, and it's a tradition we're proud to carry on in every recipe we create."

To learn more about VH Steamers, visit vhcanada.ca.



"I love that everything tastes and looks so fresh. I also love that I control the amount of sauce that I use."

- SUSAN W

Mooseheads on fire going into 2nd round

QMJHL. Coming off a dominant sweep of the Islanders, the Herd will face a much tougher test in the Olympiques



ANDREW
RANKIN

andrew.rankin@metronews.ca

Dominique Ducharme has got his players exactly where he wants them.

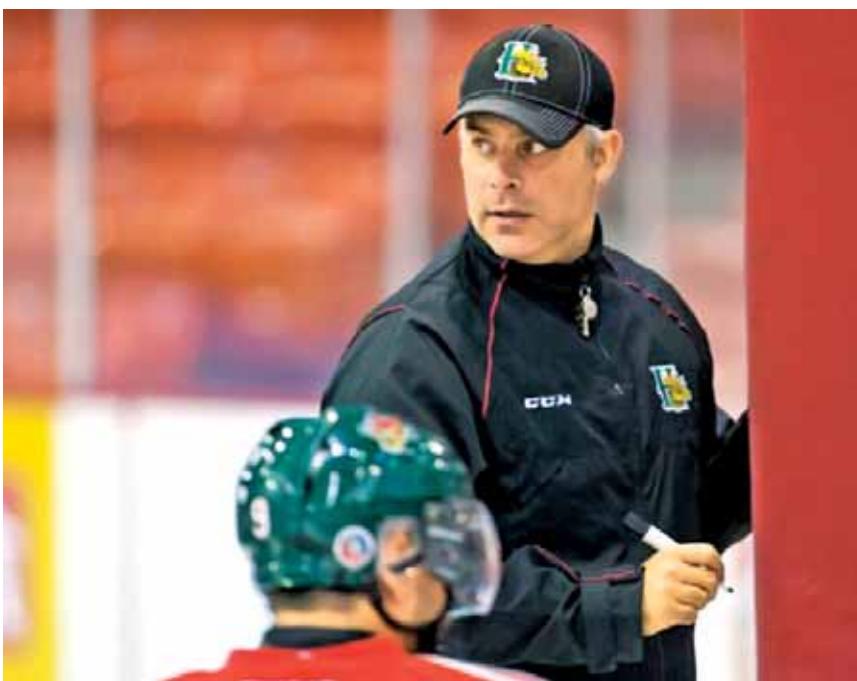
That's not surprising, given the Halifax Mooseheads' bench boss witnessed them steamroll over the Charlottetown Islanders in their opening playoff round sweep.

"I really like our mindset, and that's a point that can be worrisome for a coach," said Ducharme. "But our approach as a team is really good. We start practising again on Monday, and I know the guys are coming in and are ready to go."

Not only are the Herd's big guns rolling (Jonathan Drouin, Nikolaj Ehlers and Philippe Gadoury have combined for 30 points), but the supporting cast has chipped in, too. Defenceman MacKenzie Weegar has two goals and six assists so far. Forwards Luca Ciampini and Danny Moynihan have collected seven and five points respectively.

"We've gotten better and better from one game to the next; that's what we want," said Ducharme.

The 15th-seeded Islanders are one thing. The Herd's second-round opponent, the



Mooseheads head coach Dominique Ducharme expects a higher level of competition in the second round of the playoffs. JEFF HARPER/METRO

Quoted

"We know we have an opportunity to do something special." Mooseheads head coach Dominique Ducharme

Gatineau Olympiques, are quite another. The teams split their two regular-season matchups. Led by the likes of Simon Tardif-Richard and Martin Reway, who sit behind Drouin in the playoff scoring race, with 12 and 11 points respectively, the eighth-seeded Olympiques should give the Herd a run for their money.

The best-of-seven series gets underway at the Metro Centre on Friday evening.

From now on, it's anybody's championship to win.

"It's always a bigger challenge, from one round to the other," added Ducharme. "The level of play gets higher and higher. That's something that we're all aware of."

"There's not much difference between every team. That's why it's important to have good preparation to be at our best."

Like always, Ducharme is focused squarely on the present challenge: Game 1.

"You can't think any further than playing the next game. We have experienced players, and, like I said, I like our mindset."

Injury updates on co-captains Brent Andrews and Darcy Ashley as well as defenceman Austyn Hardie are expected Monday.

NBL Canada

Rainmen owner reflects on rough, inspiring season

Andre Levingston's thoughts extended beyond the game after Saturday's season-ending loss.

The Halifax Rainmen's owner watched his squad produce another hard-fought performance but come up short in a 110-105 loss at the hands of the Island Storm. After fighting back from an 0-11 start to the season, Halifax's inspiring conference championship run ended in six games.

"I think we salvaged the season," said Levingston. "I told the guys in the locker-room that we went through a lot of challenges but it's probably the most fun I had with a group of guys."

"It was just a great group of guys that worked hard every day."

Levingston admits it's been his most challenging season in his seven years at the helm. Despite the atrocious start, the coaching change, the many player changes, he's proud of how everyone, from the top down, battled through adversity to get within two wins of making the NBL Canada final.

The reality of the business is upon Levingston now. In a league that places emphasis on developing players for the next stage in their careers, Levingston has the challenge of trying to resign a core group of players and head coach Craig Hodges.

He says the future looks bright for the Rainmen, with new sponsorship this season and somewhat of a revival in fan support (more than 2,000 fans showed up to Saturday's game). METRO

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Shabazz Napier cuts down the mesh after his UConn Huskies beat the Michigan State Spartans on Sunday night at Madison Square Garden. ELSA/GETTY IMAGES

NCAA basketball. After win over Spartans, UConn coach Ollie now 4-0 in March Madness

Earlier this month, R.A. Dickey wrote on Twitter that he felt much stronger this year compared to last, concluding the tweet: "#redo."

"Remember those old Nintendos?" he later explained inside the Blue Jays' spring-training clubhouse in Dunedin. "You're playing a game and you're just getting so frustrated because you can't get past a certain part so you just hit reset? It's a chance to do it differently."

If only it were that easy.

Dickey, who will take the mound Monday against the Tampa Bay Rays in St. Petersburg, Fla., in his second straight opening-day start, isn't the only one who would have loved to hit the reset button on last year's massively disappointing season. The club's fan base, so desperate for a winner after a 20-year playoff drought, could not have been more let down by the much-hyped Jays' failure to launch a year ago.

Meanwhile, GM Alex Anthopoulos is betting a reset — and better health — is all it takes for them to hit their stride.

Dickey, for one, says he feels more confident and prepared heading into this sea-



We know R.A. is the Jays' opening day starter. Scan this image with your Metro News app to see the rest of Toronto's Monday roster. JONATHAN DANIEL/GETTY IMAGES

Closed down

Casey Janssen was placed on the 15-day disabled list Sunday due to a strain in his left abdominal area and lower back. Fellow right-hander Sergio Santos will take over the closer's role. THE CANADIAN PRESS

son than he did last year, primarily because he didn't have to alter his spring-training routine for the World Baseball Classic.

Huskies proving to be title 'predators' after upset win

NCAA basketball. After win over Spartans, UConn coach Ollie now 4-0 in March Madness

Shabazz Napier owed UConn. He could have transferred when academic sanctions barred the Huskies from the NCAA tournament his junior season. But the guard wanted to pay back the school for the joy of a national title his freshman year, for his struggles as a sophomore.

Napier sure did that Sunday, carrying UConn back to the Final Four in front of thousands of roaring Huskies fans at Madison Square Garden. He scored 17 of his 25 points in the second half in a 60-54 upset of fourth-seeded Michigan State.

The East Regional's most outstanding player hit three huge free throws with 30.6 seconds left, making clutch

It's over for Izzo



"We got what we deserved today.... You got to bring it every second. And today Connecticut did, and we just kind of weren't as good as we have been."

Michigan State coach Tom Izzo

shot after clutch shot just as Kemba Walker did when Napier was a freshman. The Huskies (30-8) rallied from a nine-point second-half deficit to become the first No. 7 seed to reach the Final Four since the tournament expanded to 64 teams in 1985.

"His will to win — you could just see it," said Gary Harris, who led Michigan State with 22 points. "He wasn't going to let his team lose."

The Spartans' seniors become the first four-year players recruited by Tom Izzo to fail to make a Final Four.

"As the game got closer and closer to ending, it was on my mind a lot, every huddle,"

said big man Adreian Payne, who had 13 points and nine rebounds but was repeatedly pushed to the perimeter by UConn's defenders.

The undersized Huskies matched Michigan State's physical play box-out for box-out, holding the Spartans (29-9) to just six offensive rebounds and six points in the paint.

"We're physical, too," said second-year coach Kevin Ollie, who is now 4-0 in the NCAA tournament. "Don't get it mixed up. We are predators out there."

They face Florida in the national semifinals Saturday, and they'll be confident they can beat the No. 1 overall



Louisville's Mangok Mathiang tries to make the T-shirt jersey work during the Cardinals' game against Saint Louis Billikens on March 22 in Orlando. GETTY IMAGES

seed. The Gators have won 30 straight, but their last loss was to UConn, 65-64 on Dec. 2.

Wisconsin (2) faces Kentucky (8) in the other semifinal. THE ASSOCIATED PRESS



Mercedes gets 1-2 win for the ages

Lewis Hamilton of Great Britain and Mercedes GP celebrates on the podium after the Malaysia Formula One Grand Prix on Sunday in Kuala Lumpur. Hamilton beat teammate Nico Rosberg by 17.3 seconds at the Sepang International Circuit, with defending world champion Sebastian Vettel of Red Bull third. It was the first one-two by the Mercedes factory team since 1955. PAUL GILHAM/GETTY IMAGES

Golf

Bowditch blessed with win in Texas

"Last year, with the World Baseball Classic, I had to be game-ready a lot earlier in spring than I did this year, because you're competing in basically what came down to an Olympic event. So we just had to really step on the gas and my body wasn't ready for that," he said last week, following his last spring-training start. "This year I didn't have that, I could really take my time and I did take my time. I started a little earlier and I was able to pump the brakes a little bit when I needed to."

TORSTAR NEWS SERVICE

NHL

Bruins bully Flyers in Philadelphia

Steven Bowditch held on to win the windy Texas Open Sunday for his first PGA Tour win and a spot in the Masters. The 30-year-old bogeyed the par-5 18th for a 4-over 76 — the highest score by a winner since Vijay Singh had a 4-over 76 in the 2004. THE ASSOCIATED PRESS

Premier League

Liverpool in pole position in England

After a 24-year wait, the English league title could be on its way back to Liverpool.

A 4-0 win over Tottenham on Sunday saw Liverpool overtake Chelsea and become the new Premier League leader in a close fight for the title. THE ASSOCIATED PRESS



The Penguins' Lee Stempniak puts the puck past Blackhawks goalie Corey Crawford for a goal in the first period in Pittsburgh, Sunday. GENE J. PUSKAR/THE ASSOCIATED PRESS

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Battered Blackhawks fall to Crosby, Pens

NHL. Chicago loses third straight in regulation for the first time since February 2012

Sidney Crosby had two goals in the final five minutes, helping the Pittsburgh Penguins to a 4-1 victory over the injury-riddled Chicago Blackhawks on Sunday night.

Already playing without Patrick Kane, the Blackhawks lost captain Jonathan Toews to an upper-body injury in the second period. Toews was hit hard by Penguins defenceman Brooks Orpik and was holding his left arm on the bench be-



fore heading down the runway.

James Neal and Lee Stempniak also scored for the Penguins, who won their second straight and snapped a three-game home losing streak. Marc-Andre Fleury made 25 saves in his 36th victory of the season.

Orpik drilled Toews in the corner with 6:30 remaining

in the second period while the two went for a loose puck. Toews got up slowly and did not return.

It's been a rough stretch for injuries for the defending Stanley Cup champions, who will be without star forward Kane for the rest of the regular season due to a lower-body injury. Bryan Bickell is out with an upper-body injury but is expected to return soon.

The injury to Toews galvanized the Blackhawks, who dominated play in the third period. But Fleury held up just fine.

Sheldon Brookbank scored the lone goal for the Blackhawks, who have lost three straight in regulation.

THE ASSOCIATED PRESS

NHL. Leafs no longer in control of their destiny as season winds down

As the Toronto Maple Leafs seek answers that aren't coming, they're left to watch, wait and hope.

That's all they can do, as zero points in eight games has relegated them to that fate.

"We went from a position where we were in control of our destiny now to sitting at home cheering against other teams," winger Joffrey Lupul said. "It's tough to sit around every night and hope for other teams to keep losing because it's asking a lot."

With six games left, the Leafs realistically must win all of their remaining games to give themselves a chance to make the playoffs. And even that's no guarantee, given the extra opportunities the Detroit Red Wings, Columbus Blue Jackets and Washington Capitals have to surpass 92 points, the most Toronto can reach.

After a 4-2 loss to the Red

Wings on Saturday night all but ended his team's chances, captain Dion Phaneuf didn't want to consider what the Leafs had to accomplish to do the near-impossible: Beat the Calgary Flames, Boston Bruins, Winnipeg Jets, Tampa Bay Lightning, Florida Panthers and Ottawa Senators all in a row.

"I don't think you look at it in that big a picture because when you look at it in that big a picture, it's ..." Phaneuf said, trailing off. "If you ask me at game 20 if we're looking five games down the road, I'd have to say no, and this is no different. You can't look past Tuesday."

Tuesday against Calgary is one more chance for the Leafs to end a season-altering losing streak. But it's not against a team they're competing with for a spot, which made Saturday night the tipping point.

THE CANADIAN PRESS



Leafs winger Joffrey Lupul skates off the ice as the Red Wings celebrate after their 4-2 win in Toronto on Saturday. FRANK GUNN/THE CANADIAN PRESS

Horoscopes

Aries

March 21 - April 20

What some people say and what some people mean will be two entirely different things today. Because of that it's okay to be a bit suspicious, but most people are still honest.

Taurus

April 21 - May 21

You may be more robust than many but some people are ridiculously sensitive and you would be wise to keep that fact in mind today. Say nice things only, for now.

Gemini

May 22 - June 21

Think with your head, not with your heart. The most important thing as the new week begins is to avoid making the kind of silly mistakes that so many other people make.

Cancer

June 22 - July 23

If there is a creative or artistic project you have been struggling to finish the next four or five days will be critical. Either get it done or move on to something new.

Leo

July 24 - Aug. 23

Your dominant position will be challenged over the next few days and you will have to fight hard to retain your status. Anyone who thinks you will roll over does not know you well, which is in your favour.

Virgo

Aug. 24 - Sept. 23

You are advised to hold fire and not be too pushy over the next 24 hours. No matter how ambitious a Virgo you may be there is only so much you can do, so conserve your energy for when you most need it.

Libra

Sept. 24 - Oct. 23

You would be wise to let friends and work colleagues express their opinions today, even if they clash with your own. In the very near future you are going to need their assistance.

Scorpio

Oct. 24 - Nov. 22

If you take a negative view of what is going on you may get stuck in one of those woe-is-me moods that are so hard to shift. Make a conscious effort to look on the bright side.

Sagittarius

Nov. 23 - Dec. 21

There is something that needs to be done. The longer you leave it the more you will have to rush when you do eventually get started and that could lead to mistakes. Make a "to do" list and stick to it.

Capricorn

Dec. 22 - Jan. 20

Find a nice quiet place where you can switch off from the world and get your thoughts together. If you want to find peace in your life you first need to find it in your own heart and head.

Aquarius

Jan. 21 - Feb. 19

If you want to convince authority figures you know what you are talking about, you must back up your opinions with facts. If you can't do that well it would be best if you stayed quiet today.

Pisces

Feb. 20 - March 20

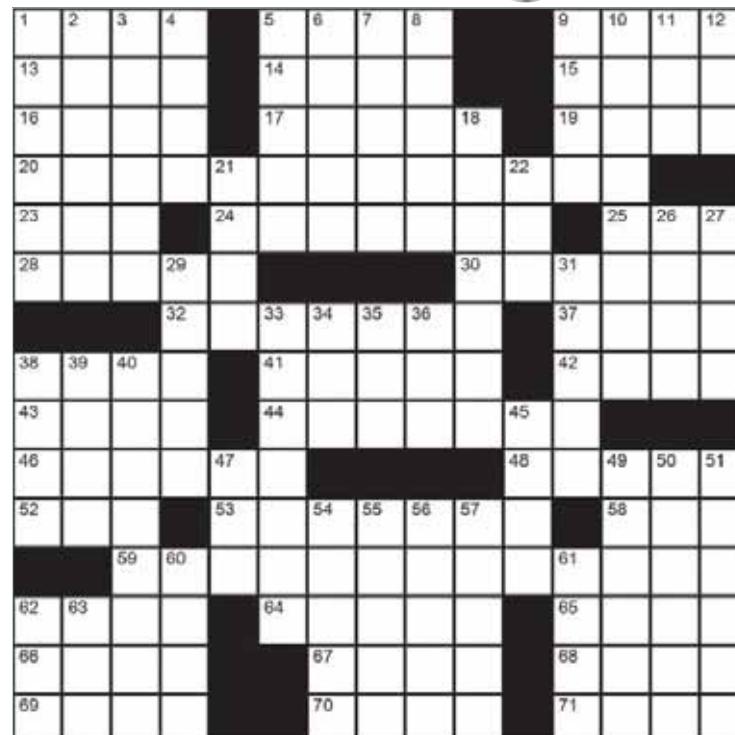
Cooperation will go a long way today, especially as so many people seem to be looking for excuses to start a fight. Victory sometimes it goes to those who get themselves organized.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Tennis shots
5. 9th Greek alphabet letter
9. Sultanate of the Arabian Peninsula
13. ___ (Together, in music)
14. Instrument-with-sticks
15. Cougar
16. Team
17. Resort destination
19. Spot
20. "Rapper's Delight" band: 2 wds.
23. "___ Mine" by The Beatles
24. Nylons
25. "King" of France
28. Cosmetician Ms. Lauder
30. Not at sea: 2 wds.
32. Canadian designer of Michelle Obama's inaugural gowns: 2 wds.
37. Eye part
38. T. ___ Price (Investment firm)
41. Royal ___ Golf Club (Championship golf course in Scotland founded in 1878)
42. Possessive pronoun
43. Of a lyric poem
44. In a sick-of-it-all manner
46. Ms. Cardinal, Canadian actress in "Dances with



48. Emily Carr's prop
52. Director Mr. Pollack, for short
53. ___ Reuters
58. Cuckoo bird
59. Yuk Yuk's performers: 2 wds.
62. Item-for-a-foot
64. Psalms mysteri-

- ous-meaning word
65. Many times: 2 wds.
66. Bear: French
67. Planetary travel unit, ___.
68. Burial shroud
69. Top
70. Physicist Ms. Meitner

71. "I Dream of Jeannie" star Barbara
72. "I Dream of Jeannie" star Barbara
73. Famous television dog
74. Abhorrences
75. Concern for Joe Oliver as Canada's new Finance Minister
76. "I ___ ghost!"

77. (Scary movie line, perhaps)
78. Particular potato
79. Root used in perfumes
80. "Tough Guys" all-girl rock band from Toronto
81. Saunter
82. Candid
83. Tint

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

10. Susan __, Canadian author of The Charcoal Burners
11. Concert's make-the-music-sound-louder thingy
12. Posh opposite of 'Yes'
18. Beached
21. Kirstie's co-star
22. Ms. Rand
26. Humdinger
27. Ms. Lupino's
29. Throw out
31. "I ___ Papi" by Jennifer Lopez
33. East Coast city: 2 wds.
34. From Madonna's "Vogue": "...boy ___ girl / if the music's..."
35. Positive gesture
36. Misery
38. Decays
39. Showbiz personality Aubrey
40. Buckingham Palace family, The
45. Fallon's predecessor
47. Hiroshima's river
49. Went by boat
50. Lotto 6/49 playing option
51. Lend an ear
54. Entertainment journalist Nancy
55. ___-faceted
56. ___ or neuters
57. Nature shade
60. Try out
61. Spice sort
62. Shed many tears
63. Tint

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